

Lifeguard “Water Safety” Days

Presented by Toyota



City of San Diego

The City of San Diego parks and beaches are established and utilized for the benefit, comfort, and enjoyment of the general public. Programs that provide recreational, educational or cultural activities for the public enhance these uses. City of San Diego Lifeguards provide safety talks to beachgoers on an ongoing basis and at a variety of community outreach activities. Having the support of Toyota to provide a more engaging educational program on beach safety for some of these presentations will provide a valuable, relevant, safety benefit to beachgoers while also providing a positive interaction with Toyota.

Ocean Safety

For many, visiting the beach is the epitome of summer fun. The ocean is nature's ultimate playground, but has some dangerous hazards, that can be avoided simply by being familiar with your surroundings. Keep your day at the beach fun by following these tips.

- Learn how to swim and know your limits.
- Always swim near a Lifeguard.
- **Rip Currents** Rip currents are rivers of ocean current that move out to sea. To avoid the dangers of rip currents, learn how to spot a rip current. If you are caught, don't panic, hold on to your flotation device, and swim parallel to shore where the waves are breaking. If you can't make it in, hold up your hand and wait for a Lifeguard.
- Always ask the Lifeguard about the safest area for swimming.
- Read the signs! Areas for swimming and surfing are separated by black and yellow checkered flags. Always read the signs for the correct area for your activity.

Don't get lost

Getting lost at the beach can be scary, and is easy to do. Make sure that the people that you bring with you, all come home together, by following these simple steps.

- Look for landmarks near your towel area. Lifeguard towers are great landmarks. Make sure everyone in your party knows where your towels are set up.
- Create a meeting place in case you get separated. For example, "if we get separated, meet at Lifeguard Tower #13."
- Go to a Lifeguard if you get lost. Lifeguards help kids find their parents all of the time. If your parents get lost, ask a Lifeguard for help!

Sea Animals

The ocean is filled with various sea animals. Most are harmless, but occasionally, people get stung by Jellyfish or Sting Rays.

- Always ask a Lifeguard about the swimming conditions.
- Shuffle your feet to scare away stingrays. Stingrays are bottom dwellers that feed on animals that burrow themselves in the sand. Shuffling your feet will scare them away!
- Jellyfish sometimes visit our beaches in the summer months, and usually are not a problem. The best way to know if the jellyfish are playing in the local beaches is to check with the lifeguards. A jellyfish sting is usually minor, and the sting goes away in about 15 minutes.
- If you get hurt, ask a Lifeguard for help.

Sun Safety

Nothing ruins a day at the beach like a sun-burn. Luckily, sunburns can be avoided by taking a few simple steps.

- Always wear sunscreen and re-apply often!
- Always re-apply after swimming.
- A hat and sunglasses will give you extra protection.

Beach Laws

San Diego has many beach laws that not only keep people safe, but make the beach enjoyable for everyone. Several signs are posted in the beach areas that highlight some of the common violations. Look for signs to help keep your day and the beach fun! For example:

- Fires can only be held in the City provided fire pits.
- Alcohol and smoking is not allowed on any beach, park, or boardwalk.
- Dogs are only permitted at certain times of the day and must always be on a leash (with the exception of specific dog areas). Know the rules before you bring Rover to the beach.

Help us keep our beaches clean and protect our local environment

Lifeguards never forget that we share San Diego's beautiful beaches with many different plants and animals. To ensure that we keep the beach enjoyable for everyone, and respect the wildlife, you can do a lot to help.

- "Pack it In, Pack it Out!" Whatever you bring with you, should leave with you. Please place all trash in the trash receptacles.
- Respect the wildlife. Wild animals are "wild". Although the sea has many cute (and seemingly cuddly) animals, you should always try and avoid contact with them.
- Respect wildlife from a distance.

If in doubt, ask a Lifeguard!